

WELCOME TO

# Wellbeing Wednesday

THE MONTHLY NEWSLETTER

**PRACTICE  
SPOTLIGHT**



**PHOENIX FAMILY CARE**



It was so heart warming to see how Jas & the team at Phoenix celebrated Helen's 40 years of service.

*Congratulations Helen*

**40 YEARS OF WORKING IN THE NHS**



Looks like you all had a lovely afternoon and well done for keeping it a surprise.



Does your practice have anything to celebrate? I would love to hear about it



# Spring Awakenings



I don't know about you but there is something so uplifting about the start of spring.

Brighter evenings, longer days, buds to bloom, bird song.....

You can physically see & hear nature waking up from the cold, dark winter.

We can learn a lot from nature. Spring is the time to be planting those seeds - not just in the garden but for your mind, body & soul.



Here are my top 10 tips on how to up your self care & maximise during this wonderful season of hope

1. Spring into activity by getting outdoors for 30 mins a day
2. Declutter - a draw, a wardrobe, your workspace- doesn't matter. It will also declutter your mind
3. Start that 'thing' you've been putting off
4. Put some of your jumpers & coats away and dig out your spring wear or treat yourself to something new
5. Give your skin a spring glow up - body brushing & exfoliating those dead skin cells away

6. Spend time in nature
7. Revisit your daily routine - what could you do to feel happier & healthier?
8. Buy some fresh flowers for your home (daff's & tulips would be my tip)
9. Cook a new recipe filled with seasonal produce
10. Book in some time off to enjoy the better weather.



Is there someone in your workplace that has gone above and beyond to help you in your work or personal life?

If so would you be willing to publicly thank them?

I know we would never admit to it but everyone likes to feel appreciated. Let's take the time and effort to notice the impact those around us have and celebrate it.

This month I would like to show my appreciation to **Sophie Coleman @ Parkhouse Surgery**. Sophie took some time out to help me create a pie chart in Excel - I was so stressed with it and her offering to help was just the sort of kind gesture I needed at that time. Thank you Sophie I really appreciate it :)



You can book in for a health & wellbeing 1-2-1 chat with me anytime just drop me a text or email

## Ongoing Employee Benefits

- FREE access to Headspace Premium mindfulness app
- FREE employee assistance app VIVUP
- BIG discounts on holidays via TUI for NHS employee's (nhs.tui.co.uk)
- FREE access to 1-2-1 coaching support via 'LAYT' - looking after you too